

Ghost Salad

Serves
2

INGREDIENTS

- + 1 avocado
- + 1 tomato
- + 1 tbsp sunflower seeds
- + pinch ghost pepper salt
- + 1 tbsp honey mustard
- + 1 chicken breast
- + 3 cups spinach, kale, and/or romaine
- + ½ cup shredded havarti cheese (optional)

DIRECTIONS

- 1** Grill the chicken breast and chop.
- 2** Dice avocado and tomato.
- 3** Toss the sunflower seeds, ghost pepper salt, honey mustard, diced grilled chicken, avocado, and tomato together.
- 4** Add fresh greens and toss again.
- 5** Top with havarti cheese if desired and enjoy.